264 [415] The Tuareg use spoons. The use of this implement is peculiar to them, for their Arab or Negro neighbors eat with their hands. The custom must be related to the wearing of the veil, which they do not take off to eat and which prevents them from putting their [182 291] hands full of food to their mouths. They carry food to their mouths while slightly holding up the ends of their veils.

[271] 272 For beverages they drink only water, whether it is clean or polluted, and milk.

For half a century they have had the habit of drinking green tea in the Arab manner; they aromatize it with mint or some perfumed plants of the Ahaggar, /238/ chih (Artemisia herba alba) in particular. Coffee, which was formerly much used by them, is now [757 178] taken mainly as a medication to calm violent coughs or stomach aches.

● 276 If we now seek consumer goods taken as stimulants or narcotics, we see that the Tuareg know only tobacco, which they chew or take as snuff.

Smoking is not one of their customs. The young men who are [177] in contact with the French like to beg a cigarette, but it is simply in the spirit of imitation.

114 276 Duveyrier, however, has said that the Tuareg smoke. Was this, perhaps, the fashion among the Tuareg who visited Ghat? Before him Barth wrote that all riverain people living along the Niger loved to smoke. "It is very seldom that they leave their pretty little clay pipes, and all the Rouma, like the Tuareg, cover their mouths when smoking, so that all one sees is a pipe bowl coming out of the shawl which covers the face." (1)

1. Voyage en Afrique, vol. IV, p. 137.

[114] For his part, Commander Cauvet, in describing Tuareg clothing, said that men kept their pipes and tobacco in the pocket of their big blouses. 276

Thus all these testimonies coming from such trustworthy travelers tried to make us believe that the Tuareg are pipe smokers. For our part, we have never seen any.

On the other hand, they are very fond of chewing tobacco, and their wives also practice this custom, so that they finally have a deformation of the lower lip caused by the craze they have of stowing the quid between the gum and lower lip.

[439] Tobacco is not cultivated in the Ahaggar; it is imported from the Touat by the Arabs. The Sudanese Tuareg get it from the sedentary peoples of the Niger or through caravaneers from Upper Dahomey. They generally add a few natron crystals to it to take away the acridity, or else the ashes of graminaceae which play the same role as natron.

177 276 Many Nigerian Tuareg have formed the habit of chewing kola nuts; this is a powerful stimulant which the Negroes use a good deal. A few Ihaggaren /239/ indulge in this practice when they go to the Sudan, but they have not introduced it into their everyday mores and never use kola when they are in their own country.

262 The Tuareg are subject to a rather large number of dietary interdicts. First, like Moslems, they may eat only meats from ritually butchered animals. They must abstain from eating the [273] meat of pigs and wart hogs and from drinking fermented drinks which are harīm. The meat of fowls--except the ostrich -- and fish is also forbidden and considered impure. But these are customs which go back before Islam. They also may not eat the [825] meat of the uran, because this lizard is considered to be the descendant of their maternal uncle.

515 care given to the body, but they find washing completely useless and even disastrous to health. They even claim that if they washed [826] every day they would become ill. Their argument is that daily ablutions of the limbs make the skin scale off.

751 For them the main question is protecting the different parts of the body from the rigors of the sun. All the care that they give the body is to that end.

291 They are in the habit of wearing clothing of material heavily dyed with indigo which comes off on the skin, giving it a dark-blue 302 color. Far from trying to remove this dye by washing, they become prouder of themselves as the layer of blue becomes thicker. They rub their limbs and faces with new materials to obtain the desired color.

302 To make their skin softer and more brilliant they smear their [171] limbs with a fatty substance, butter or animal fat. This custom is also adopted by Sudanese Negroes and the desert Arabs.

515 The Tuareg pay the most attention to the mouth and teeth. [412] They rinse out their mouths with a lot of water after each meal and brush their teeth with little branches which have one end chewed [824] to form a brush. For this purpose they use irak branches (Salvadora persica) or palm jereed.

302 /258/ The men and women are very fastidious about caring for the hair.

Young boys have their heads shaved except for a crest or tuft of hair left on the top. Men wear long braided hair, with a little halo shaved on the front of the head. They have their hair dressed [543] by their sisters or their female friends, in return for which they offer • 276 them a bit of tobacco. The hair styles vary from region to region. [184] They may include a greater or lesser number of braids; the braids may hang down in back or be lifted to the top of the head. At a [882] certain age, when the hair begins to get grey, the men have themselves shaved completely.

Collecting

In this chapter on collecting such edible plants are mentioned as play a part in Tuareg nourishment. 222
Wild plants are also collected for other purposes. Many species are important to craft or have a medicinal 824
value. Some of these latter species are mentioned elsewhere in this study.

EDIBLE PLANTS OF THE AHAGGAR AREA

Wild plants which yield edible fruits, seeds, stems, or roots in Ahaggar comprise more than fifty 222
different species. But the importance of collecting should not be judged from this, as all these plants [262]
are never found within the same area, and most are eaten only occasionally as a kind of relish or when
agricultural food (wheat, barley, millet, dates) is lacking. I have supplemented my own list of edible [114]
plants with important information from Maire's study of Ahaggar botany (Maire 1933 & 1940). In [137]
my list the letters Tr., L.M., and U.M. stand for Maire's botanical zones, namely the Tropical Zone,
the Lower Mediterranean Zone, and the Upper Mediterranean Zone. The following edible plants
are collected in Ahaggar and adjacent regions:—

tirfas (sing. *tarfest*) (*Terfezia ovalispora*). Tr., L.M. A fungus which, according to Maire, lives on 222
the roots of *Helianthemum Lippii* & *H. ellipticum* known to the Tuareg of Ahaggar as *urrug* (Maire 262
1933, p. 22, 159 et suiv.). This white fungus, which is frequently termed *tirfas n urrug* by the Tuareg, 252
is prepared for eating together with various other dishes. It is frequently added to the so-called kus-kus.

tahlé (*Typha elephantina*) Tr. Roots and certain lower parts of the stem are eaten raw or boiled.
When vegetable food is scarce they are also pounded or ground into flour.

akeywod (*Typha australis*) Tr., L.M. Roots of this plant are ground into flour.

téseñgelt (*Saccharum Ravennae*). Tr., L.M. "Cette plante ... laisse très souvent exsuder un liquide sucré qui se concrète en masses plus ou moins cristallisées; les Tuareg utilisent ce sucre" (Maire 1933, p. 54).

afezu (*Panicum turgidum*). Tr. A perennial grass extremely common in the lower valleys of Ahaggar. Seeds are collected in receptacles (e.g., *ahaga*, Fig. 213) by beating the ears of the grass with a stick. The seeds are not suitable for bread, but are esteemed for porridge and *tébik*, that is seeds pounded in the mortar and eaten without further preparation. Ashes of this grass contain soda and are often [276] mixed with tobacco for chewing.

[p. 175]

7:Nicolaisen E-5 (1951-1962) 1963 MS25 Tuareg MS25

*415
531

Fig. 228a–c.

a. A cylindrical hollowed piece of wood covered with leather. It is known as *tafendit* and serves to contain antimony (*tazult*). Ahaggar, blacksmiths of Abalessa. Dimension: 0.22 m long. (N.M. G. 5875).

b. Cylindrical brass tube covered with ornamented leather. It is known as *faralu wa tuka* and serves for the conservation of *tuka*, that is ashes of burned *afezu* grass (*Panicum turgidum*). Ashes of this grass are used by some Tuareg for chewing tobacco. It is said in Ahaggar that containers of this type are made exclusively by noble women of the *Kel Rela* tribe, and that the containers should be worn only by noble Tuareg and not by vassals. The brass tube is always made by blacksmiths. Ahaggar, blacksmiths of Abalessa. Dimension: 0.265 m long (total length). (N.M. G. 5888).

[824] [278] [462] [565]

c. A piece of cane covered with coloured leather and fringes of the same material. It is called *tafendit* and serves for the conservation of *tazult* (antimony). Ahaggar, the *Aguh-en-tehlé* tribe. Dimension: 0.116 m. (N.M. G. 5267).

386 [281] [174] the south, or are obtained from plants grown by sedentary agriculturists. The technique of skin dyeing as practised by the Tuareg nowadays cannot be considered an ancient one in Tuareg culture. Its origin is probably to be looked for in the more developed civilizations of Northern Africa, and not in a nomadic culture like that of the Tuareg. Other dyeing methods known to the Tuareg may well be very ancient. I believe this to be true of the red ochre known to the Ahaggar Tuareg as *tameghoyt*,

[text continues on p. 286]